



Pregnancy and Parenting Resource Guide

Charlottesville and Albemarle

**Programs, Agencies
and Services for
Pregnant Women and Families
with Young Children**

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Pregnancy Testing

| Agency/Program | Who Served | Services | Comments |
|---|--|---|------------------------------|
| Charlottesville-Albemarle Health Department 1138 Rose Hill Drive Charlottesville, VA (434) 972-6200 | <ul style="list-style-type: none"> Teens Women | <ul style="list-style-type: none"> Pregnancy testing (during walk-in clinic or by appointment) Results during visit | \$8.74 (sliding fee applies) |
| Planned Parenthood Health System 2964 Hydraulic Rd. Charlottesville, VA (434) 296-1000 | <ul style="list-style-type: none"> Teens Women | <ul style="list-style-type: none"> Pregnancy testing (walk-in) Results during visit | \$25 |
| Pregnancy Center of Central Virginia 320 West Main St. (434) 979-888 1420 Greenbrier Pl. (434) 220-3777 | <ul style="list-style-type: none"> Teens Women | <ul style="list-style-type: none"> Pregnancy testing (walk-in) Results during visit | No cost |
| Reliable, relatively inexpensive urine pregnancy tests are also available over-the-counter at pharmacies and stores such as K-Mart. | | | |

Prenatal Care/Medicaid Accepted

| Agency/Program | Who Served | Services | Comments |
|--|--|--|---|
| UVA Teen Health Center 1400 University Ave. (434) 982-0090 | <ul style="list-style-type: none"> Teens up to 21 years | <ul style="list-style-type: none"> Pregnancy testing Prenatal care | <ul style="list-style-type: none"> Delivery at UVA Hospital On-site Medicaid screening/enrollment |
| UVA OB/GYN at Primary Care Center 1221 Lee St. (434) 924-1955 | <ul style="list-style-type: none"> Teens Women | <ul style="list-style-type: none"> Pregnancy testing Prenatal care High-risk prenatal care La Clínica for Spanish speaking women | |
| UVA Family Medicine Primary Care Center 1221 Lee St. (434) 924-5348 | <ul style="list-style-type: none"> Teens Women | <ul style="list-style-type: none"> Pregnancy testing Prenatal care | |
| UVA Physicians for Women at Northridge 2955 Ivy Rd., Suite 304 (434) 243-4570 | <ul style="list-style-type: none"> Teens Women | <ul style="list-style-type: none"> Pregnancy testing Prenatal care | |
| OB/GYN Associates 1101 East Jefferson St., Suite 4 (434) 979-2121 | <ul style="list-style-type: none"> Teens (<20 weeks) Women (<20 weeks) | <ul style="list-style-type: none"> Pregnancy testing Prenatal care High-risk prenatal care | <ul style="list-style-type: none"> Delivery at Martha Jefferson Hospital No on-site Medicaid screening/enrollment |

Pregnancy/Parenting Education & Support

| Agency/Program | Who served | Services | Comments |
|---|---|---|---|
| Family Partners Children, Youth and Family Services 116 W. Jefferson St. Charlottesville, VA (434) 296-4118, x236 | <ul style="list-style-type: none"> • Moms • Children < 6 yrs. • Charlottesville or Albemarle resident | <ul style="list-style-type: none"> • Home visiting • Health, parenting, child development education • Mentoring/counseling | |
| Healthy Families Children, Youth and Family Services 116 W. Jefferson St. Charlottesville, VA (434) 296-4118, x236 | <ul style="list-style-type: none"> • Moms (first time) • WIC enrollees • Charlottesville or Albemarle resident | <ul style="list-style-type: none"> • Home visiting • Health, parenting, child development education • Mentoring/counseling | <ul style="list-style-type: none"> • Must enroll before infant is 2 weeks old |
| Infant Development Project 509 Park St. Charlottesville, VA (434) 977-4003, x22 | <ul style="list-style-type: none"> • Moms • Children < 4 yrs. at-risk for delays or disabilities | <ul style="list-style-type: none"> • Home visiting • Assessment/screening • Health, parenting, child development, education • Mentoring/counseling | <ul style="list-style-type: none"> • Bilingual staff |
| Jefferson Area CHIP 1469 Greenbrier Pl. Charlottesville, VA (434) 964-4700 | <ul style="list-style-type: none"> • Pregnant women • Pregnant teens • Moms • Children < 7 yrs. • Medicaid/FAMIS eligible | <ul style="list-style-type: none"> • Home visiting • Assessment/screening • Health, parenting, child development education • Support groups • Referral | <ul style="list-style-type: none"> • For low income and at-risk women • Bilingual staff and access to telephone interpreter |
| Martha Jefferson Hospital (434) 654-7009 or (434) 982-7009 | <ul style="list-style-type: none"> • Pregnant women/teens • Parents | Classes: <ul style="list-style-type: none"> • Childbirth preparation • Newborn care • Breastfeeding • Infant CPR • Baby and Me | <ul style="list-style-type: none"> • Some fees may apply • Many classes require registration |
| Teensight FOCUS 953 Second St., S.E. Charlottesville, VA (434) 293-2222 (434) 295-8336 | <ul style="list-style-type: none"> • Pregnant teens • Teen moms • Charlottesville or Albemarle resident | <ul style="list-style-type: none"> • Health, parenting, child development education • Mentoring/counseling • Support groups | <ul style="list-style-type: none"> • In-school program • Child care scholarships available • Helps teen moms graduate from high school |

Pregnancy/Parenting Education & Support

| Agency/Program | Who served | Services | Comments |
|--|--|---|---|
| UVA Hospital (434) 924-9920 | <ul style="list-style-type: none"> Pregnant women/teens Parents | Classes: <ul style="list-style-type: none"> Childbirth preparation Newborn care Breastfeeding Infant/Child CPR All About Baby: Mind and Body Free weekly parenting e-mail: www.theparentreview.com/uva | <ul style="list-style-type: none"> Some fees may apply (waived for Medicaid patients) Many classes require registration |
| Westhaven Nursing Clinic 803 Hardy Drive Charlottesville, VA 22903 434-971-1200 | <ul style="list-style-type: none"> Children Teens Adults Public housing/surrounding community | Holistic approach to health: <ul style="list-style-type: none"> Resource referrals Consultation Advocacy Education/support services Monthly Women's Group | <ul style="list-style-type: none"> Parish Nurse 9 am to 5 pm: Mon, Tues, Thurs 9 am to 1 pm: Wednesday |
| Charlottesville Area Safe Sleep Program Charlottesville-Albemarle Health Dept. 1138 Rose Hill Drive Charlottesville, VA (434) 972-6247 | <ul style="list-style-type: none"> Pregnant women/teens Moms of infants (< 6 months) Income requirements Other risks Charlottesville or Albemarle resident | <ul style="list-style-type: none"> Safe sleep education Portable crib distribution | <ul style="list-style-type: none"> By agency referral only Limited number of portable cribs for high-risk families |
| Safety (Car) Seat Distribution and Education Program Charlottesville-Albemarle Health Dept. 1138 Rose Hill Drive Charlottesville, VA (434) 972-6247 | <ul style="list-style-type: none"> Pregnant women/teens Parent, legal guardian, foster parent Children (< 8 yrs) Income requirements | <ul style="list-style-type: none"> Child safety seat distribution Safety seat education | <ul style="list-style-type: none"> Free seats: Convertible seat Booster seat Mandatory 2-hour training |
| text4baby www.text4baby.org/ or text BABY to 511411 | <ul style="list-style-type: none"> Pregnant women/teens New mothers | <ul style="list-style-type: none"> Free text messages Tips for pregnancy and caring for baby Timed to due date or baby's birth date | <ul style="list-style-type: none"> Up to 3 messages per week Register on-line <u>or</u> on cell |

Nutrition Support

| Agency/Program | Who served | Services | Comments |
|---|--|---|--|
| WIC Charlottesville/Albemarle Health Department 1138 Rose Hill Dr. Charlottesville, VA (434) 972-6206 | <ul style="list-style-type: none"> Pregnant women & postpartum Children <5 years Income requirements Other eligibility requirements | <ul style="list-style-type: none"> Food vouchers Nutrition education Breastfeeding education/support | Enroll at: <ul style="list-style-type: none"> Health Dept. Westhaven Nursing Clinic Albemarle Social Services |
| La Leche League Adrienne: 434-984-4665 Barbara: 434-296-8875 Sarah: 434-970-1863 | <ul style="list-style-type: none"> Breastfeeding Women | <ul style="list-style-type: none"> Breastfeeding education and support | <ul style="list-style-type: none"> Monthly meetings |
| Supplemental Nutrition Assistance Program (Food Stamps) Social Services Albemarle: (434) 972-4010 Charlottesville: (434) 970-3400 | <ul style="list-style-type: none"> Income requirements | <ul style="list-style-type: none"> Monthly benefit redeemable for food purchases | <ul style="list-style-type: none"> Benefits issued electronically (like a debit card) |
| Angel Food Ministries Monticello Wesleyan Church 2001 Earlysville Rd. Charlottesville, VA (434) 973-5578 | <ul style="list-style-type: none"> No eligibility requirements | <ul style="list-style-type: none"> Food pick-up | <ul style="list-style-type: none"> Sale of boxed groceries \$25-\$35/unit feeds family of 4 for one week Food Stamps accepted |
| Emergency Food Bank 103 W. Jefferson St. Charlottesville, VA (434) 979-9180 | <ul style="list-style-type: none"> Crisis/emergency Charlottesville or Albemarle resident Other eligibility requirements | <ul style="list-style-type: none"> Food pick-up (free) | <ul style="list-style-type: none"> Two-day food supply once/month for emergencies Call to order weekday mornings |
| Emergency Food Closet Jefferson Park Baptist 2505 Jefferson Park Ave. Charlottesville, VA | <ul style="list-style-type: none"> Crisis/emergency | <ul style="list-style-type: none"> Food pick-up (free) | <ul style="list-style-type: none"> Staple food items Up to 3 times/yr per individual or family |
| Salvation Army 207 Ridge St. Charlottesville, VA (434) 295-4058 | <ul style="list-style-type: none"> No eligibility requirements | <ul style="list-style-type: none"> Meals (free) | <u>Breakfast:</u> M-F: 6:45 a.m. S/S: 7:00 a.m. <u>Lunch:</u> M-S: 12:00-12:30 p.m. Sun: 1:00-1:30 p.m. <u>Dinner:</u> Daily: 5:45-6:30 p.m. |
| Soup Kitchen Downtown Charlottesville Churches (alternates daily) (434) 295-4058 | <ul style="list-style-type: none"> Crisis/emergency | <ul style="list-style-type: none"> Meals: lunch (free) | Weekdays, 12:00-1:00 p.m. downtown: M: First United Methodist Church T: Christ Episcopal Church W: First Presbyterian Church Th: Holy Comforter Church F: First Christian Church |

Mental Health/Substance Abuse Counseling

| Agency/Program | Who Served | Services | Comments |
|--|---|---|--|
| Project LINK 800 Preston Ave. Charlottesville, VA (434) 972-1757 | <ul style="list-style-type: none"> Pregnant or par- enting women/teens Substance abuse problems | <ul style="list-style-type: none"> Case management Mental health treatment Substance abuse coun- seling Support services | <ul style="list-style-type: none"> Medicaid accepted Sliding fee for non-Medicaid |
| Region Ten 800 Preston Ave. Charlottesville, VA (434) 972-1800 | Char- <ul style="list-style-type: none"> Children Teens Adults Substance abuse problems Mental health problems Intellectual disabilities | <ul style="list-style-type: none"> Case management Counseling (outpatient) Mental health treatment Substance abuse counseling Emergency/residential services | <ul style="list-style-type: none"> Medicaid accepted Eligibility for case management |
| The Women's Initiative 1007 East High St. Charlottesville, VA (434) 872-0047 | <ul style="list-style-type: none"> Women | <ul style="list-style-type: none"> Counseling Support group Stress management work- shops | <ul style="list-style-type: none"> Some fees (sliding fee scales) |
| Hospice of the Piedmont (434) 817-6900 or 1-800-975-5501 | <ul style="list-style-type: none"> Anyone | <ul style="list-style-type: none"> Grief counseling and support groups | <ul style="list-style-type: none"> Contact for information on specific groups |
| Feel Better, Live Longer Charlottesville Free Clinic 1138 Rose Hill Drive Char- lottesville, VA (434) 296-5525 | <ul style="list-style-type: none"> Smokers | <ul style="list-style-type: none"> Smoking cessation group | <ul style="list-style-type: none"> Free 12-week session |
| Quit Now Virginia 1-800-QUIT NOW (1-800-784-8669) | <ul style="list-style-type: none"> VA resident over 18 years or Pregnant teens | <ul style="list-style-type: none"> Individual phone counseling to quit smoking Print materials to support counseling | <ul style="list-style-type: none"> Free English/Spanish 8 a.m.– midnight |

Child Care

| Agency/Program | Who Served | Services | Comments |
|--|---|--|--|
| Albemarle Department of Social Services 1600 Fifth St. Extended, Suite A (434) 972-4010 | <ul style="list-style-type: none"> Albemarle resident In school and/or employed Enrolled in TANF | <ul style="list-style-type: none"> Child care financial assistance | |
| Charlottesville Department of Social Services 120 Seventh St., NE. (434) 970-3400 | <ul style="list-style-type: none"> Charlottesville resident Income requirements | <ul style="list-style-type: none"> Child care financial assistance | <ul style="list-style-type: none"> If not enrolled in TANF or VIEW, possible waiting list Participant responsible for paying 10% of her income |
| Child Care Quality Children, Youth and Family Services 116 West Jefferson Str. Charlottesville, VA (434) 296-4118 | <ul style="list-style-type: none"> No eligibility requirements | <ul style="list-style-type: none"> Child care listing Child care referrals | Virginia Star Quality Initiative |
| United Way Child Care Scholarships 806 E. High St. Charlottesville, VA (434) 972-1715 | <ul style="list-style-type: none"> Charlottesville or Albemarle resident | <ul style="list-style-type: none"> Child care scholarships | |

Transportation

| Agency/Program | Who Served | Services | Comments |
|---|--|---|---|
| CTS (Charlottesville Transit Service) 615 Water St. Charlottesville, VA (434) 970-3649 | <ul style="list-style-type: none"> Anyone in the greater Charlottesville area | <ul style="list-style-type: none"> Bus service Handicapped accessible | <ul style="list-style-type: none"> Reduced fare cards available Children < 5 years free Children <18 years free in summer |
| JAUNT 104 Keystone Place Charlottesville, VA (434) 296-3184 trips@ridejaunt.org | <ul style="list-style-type: none"> Medicaid Anyone | <ul style="list-style-type: none"> Van service Handicapped accessible | <ul style="list-style-type: none"> Call or e-mail to reserve trip Cost varies Reduced rates for people with disabilities |
| Medicaid Transportation 1-866-232-6124 (434) 975-4100 1-866-386-8331 | <ul style="list-style-type: none"> Medicaid Anyone | <ul style="list-style-type: none"> Van service Taxi Handicapped accessible | <ul style="list-style-type: none"> Non-emergency medical transportation Reserve at least two days in advance Preauthorization may be required. |

Index of Agencies/Programs

Albemarle Department of Social Services

Address: 1600 Fifth St. Ext., Suite A

Phone: (434) 972-4010

Services/Programs:

- Child care financial assistance
- Food Stamps
- Medicaid Enrollment
- Temporary Assistance to Needy Families (TANF)
- Virginia Initiative for Employment not Welfare (VIEW)

Angel Food Ministries

Address: Monticello Wesleyan Church, 2001 Earlysville Rd.

Phone: (434) 973-5578

Services/Programs:

- Nutrition: Food distribution

Charlottesville-Albemarle Health Department

Address: 1138 Rose Hill Dr.

Phone: (434) 972-6200

Services/Programs:

- Pregnancy testing
- WIC
- Safety Car Seat Program
- Safe Sleep Program

Charlottesville Department of Social Services

Address: 120 Seventh St., N.E.

Phone: (434) 970-3400

Services/Programs:

- Child care financial assistance
- Food Stamps
- Medicaid Enrollment
- Temporary Assistance to Needy Families (TANF)
- Virginia Initiative for Employment not Welfare (VIEW)

Charlottesville Free Clinic

Address: 1138 Rose Hill Drive, Suite 200

Phone: (434) 296-5525

Services/Programs:

- Smoking cessation group (anyone)
- Medical and dental care for working uninsured

Children, Youth and Family Services

Address: 116 W. Jefferson St.

Phone Number: (434) 296-4118

Services/Program:

- Family Partners: Parenting support (children <6 years)
- Healthy Families: Parenting support (new moms/WIC)
- Child Care Quality: Child care listing/referral

CTS (Charlottesville Transit Service)

Address: 615 Water St.

Phone: (434) 970-3649

Services/Programs:

- Transportation: bus service

Emergency Food Bank

Address: 103 West Jefferson St.

Phone: (434) 979-9180

Services/programs:

- Nutrition: emergency food distribution

Emergency Food Closet

Address: Jefferson Park Baptist Church,
2505 Jefferson Park Ave.

Phone: (434) 293-6175

Services/programs:

- Nutrition: Emergency food distribution

FOCUS

Address: 953 Second St., S.E.

Phone: (434) 293-2222; (434) 295-8336

Services/programs:

- Teensight: In-school teen pregnancy/
parenting support

Hospice of the Piedmont

Phone: (434) 817-6900 or 1-800-975-5501

Services/programs:

- Mental health: grief education/support
groups
- Care for those with limited life expectancy

Infant Development Project

Address: 509 Park St.

Phone: (434) 977-4003, x22

Services/programs:

- Parenting support: Children <4 with/at-risk
of disabilities

JAUNT

Address: 104 Keystone Place

Phone: (434) 296-3184

Services/programs:

- Transportation: van

Jefferson Area CHIP

Address: 1469 Greenbrier Place

Phone: (434) 964-4700

Services/programs:

- Pregnancy/parenting support
(children <7 years)

La Leche League

Address: 923 Preston Ave/190 Rugby Rd.

Phone: (434) 984-4665; (434) 296-8875; (434) 970-1863

Services/programs:

- Nutrition: breastfeeding support

Agencies and Programs

Martha Jefferson Hospital

Address: 459 Locust Ave.

Phone: (434) 654-7009 or (434) 982-7009

Services/programs:

Childbirth,
Breastfeeding,
Parenting classes

Medicaid Transportation

Address: N/A

Phone: 1-866-232-6124; (434) 975-4100; 1-866-386-8331 (Logisticare)

Services/programs:

Non-emergency medical transportation covered by Medicaid

OB/GYN Associates

Address: 1101 East Jefferson St., Ste. #4

Phone Number: (434) 979-2121

Services/programs:

Pregnancy testing,
Prenatal care and high risk prenatal care

Planned Parenthood

Address: 2964 Hydraulic Rd.

Phone: (434) 296-1000

Services/Programs:

Pregnancy testing

Pregnancy Center of Central Virginia

Address: 320 West Main St.; 1420 Greenbrier Place

Phone: (434) 979-888; (434) 220-3777

Services/Programs:

Pregnancy testing

Project Link

Address: 800 Preston Avenue

Phone: (434) 972-1760, ext. 1757

Services/Programs:

Mental Health Treatment
Substance Abuse Counseling
Case Management

Quit Now Virginia

Phone: 1-800-QUIT NOW (1-800-784-8669); TTY: 1-877-777-6534

Services/programs:

Smoking cessation phone counseling

Region Ten

Address: 800 Preston Avenue

Phone: (434) 972-1800

Services/Programs:

Counseling: Mental Health Treatment,
Substance Abuse
Emergency Services

Salvation Army

Address: 207 Ridge St.

Phone: (434) 295-4058

Services/Programs:

Nutrition: Meals

Soup Kitchens in Charlottesville

Address: Downtown churches

Phone: (434) 295-4058

Services/Programs:

Nutrition: Meals

United Way - Thomas Jefferson Area

Address: 806 East High St.

Phone: (434) 972-1701

Services/Programs:

Child care scholarships
Information and Referral
Rx Relief prescription assistance

UVA Family Medicine

Address: Primary Care Center, 1221 Lee St.

Phone: (434) 924-5348

Services/programs:

Pregnancy testing, prenatal care

UVA OB/GYN at Primary Care

Address: Primary Care Center, 1221 Lee St.

Phone: (434) 924-1955

Services/programs:

Pregnancy testing, prenatal care, high-risk prenatal care
Classes: childbirth, breastfeeding, newborn care

UVA Physicians for Women at Northridge

Address: 2955 Ivy Rd., Suite 304

Phone: (434) 243-4570

Services/programs:

Pregnancy testing, prenatal care

UVA Teen Health Center

Address: 1400 University Ave.

Phone: (434) 982-0090

Services/programs:

Teen pregnancy testing, prenatal care

Westhaven Nursing Clinic

Address: 803 Hardy Drive

Phone: (434) 971-1200

Services/programs:

Health consultation/referral
Education/support services
Women's Support Group

The Women's Initiative

Address: 1007 East High St.

Phone: (434) 872-0047

Services/programs:

Mental health Counseling
Support Groups

Community Support Agencies

Abundant Life Ministries

Phone: (434) 970-2077

Albemarle County Adult Education

907 Henry Avenue

Phone: (434) 296-3872

Charlottesville Adult Learning Center

935-A Second St. SE (Ix Building)

Phone: (434) 245-2817

LOVE, INC.

Address: 198 Spotnap Rd., Ste. C-1

Phone: (434) 977-7777

Monticello Area Community Action Agency (MACAA)

Address: 1025 Park St.

Phone: (434) 295-3171

Quality Community Council (QCC)

Address: 327 W. Main St., Ste. 101

Phone: (434) 977-3045

Community Support Agencies

Compiled and published by:

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Charlottesville/Albemarle

For an on-line version of this guide, please go to

www.ccfinfo.org

For information, please contact

(434) 972-6232

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